



## **DISCUS RULES & GUIDELINES**

### **Equipment needed :**

- Discus - only those provided by Athletics Wicklow to be used unless agreed in advance.
- Brush
- 50m+ Measuring Tape
- Spike to hold measuring Tape
- Start List on clipboard
- Pens/Pencil

### **Officials required : 3 - 4**

1. Chief Judge / Recorder  
Call athletes and record the throws.  
Determines Discus thrown correctly.  
Note and call out the distance thrown.
2. Watch the front line as athlete throws for infringements - touches rim or steps over it.  
Watch for athlete to exit through rear of circle behind the white line.  
Measure throws in a straight line from the centre point of the circle.
3. Mark the spot where the discus first hits the ground. ( Use spike with tape attached )  
Measure throws from this point.  
The discus must land in the throwing area.
4. If a 4<sup>th</sup> official is available, this person should return the discus to the throwing area.

### **Procedure :**

1. Check with meet director how many throws are to be given.
1. Check all athletes listed are present.
2. Measure throws. All throws to be measured in Metres & Centimetres
3. Record throws.
4. Call out the distance thrown so athletes are aware of what they've thrown.
5. When all throws are completed record the best throw by each athlete in the box provided.
6. List the throws in order of length.
7. Have another official check no mistakes were made.
8. Inform the athletes of their best throw.  
Send the top three athletes to the awards area with the score sheet for medal presentation.